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Obesity Tied to Prostate Cancer Risk

By [NICHOLAS BAKALAR](#)

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A new study adds to evidence that obese men may have an increased risk for future prostate cancer.

Researchers studied biopsies of 6,692 cancer-free men, 11 percent of whom had precancerous lesions. They selected 494 who went on to develop cancer and matched them with 494 who did not. Their results were [published online in Cancer Epidemiology, Biomarkers & Prevention](#).

After 14 years of follow-up, and after adjusting for other risk factors, they found that being overweight or obese increased the risk of prostate cancer by 57 percent. The association held for all cases — low-grade and high-grade, early stage and late, nonaggressive and aggressive disease.

Some of the difference may reflect the challenges of examining the prostate in obese men, making it more difficult to discover early malignancies, but the study's prospective design and availability of detailed records add to its strength.

The lead author, Andrew Rundle, an associate professor of epidemiology at Columbia, said the study may help in deciding what kind of clinical follow-up is required with obese men. "The data here are not at a point where you would say to follow obese men only," he said. "But this may help discriminate which men really need intense coverage and which do not."

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